



# Lisbon Region



To discover an area that combines city, sea and mountains is rare enough. To find such beauty and variety in such a compact area is unique. Lisbon, the capital of Portugal, can rightly be considered among the loveliest of all European

cities. Here, past and present stand side-by-side in harmony.

Thirty kilometres west of Lisbon are the beach resorts of Cascais and Estoril which, in turn, give easy access to the elegant town of Sintra, (once the holiday haunt of Europe's nobility) and the magnificent beaches of remoter Guincho.



## 1 Cakes

Enjoy a Pastel de Nata in an atmospheric Lisbon café. For a taste of tradition, head to 'Pastéis de Belem' café where the sweet pastries have been sold since 1834.



## 2 Lisbon Trams

Criss-crossing the centre of Lisbon is a network of trams. Take tram no.28 across the historic centre, or tram no.12 through the narrow streets of the famous Alfama quarter.



## 3 Serra de Sintra

Wooded hills and coastline surrounds the romantic historical town of Sintra. Marked trails lead into the countryside and afford magnificent views over the Atlantic, turreted palaces and palatial gardens.



## 4 UNESCO World Heritage sites

The Lisbon region has two UNESCO World Heritage sites - The Monastery of Hieronymites (Jerónimos) and Tower of Belém in Lisbon and the cultural landscape of Sintra.

# Lisbon

Lisbon, the capital of Portugal, is considered among the loveliest of all European cities. From São Jorge Castle the view encompasses the old city's pastel-coloured buildings, Tagus River and the Ponte 25 de Abril suspension bridge.

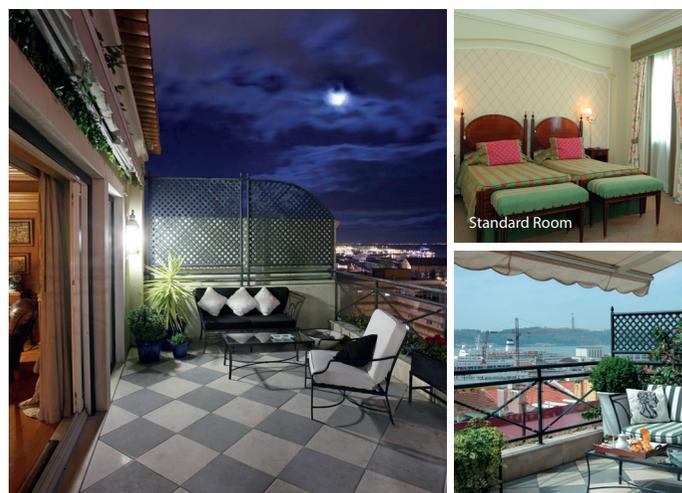
## Heritage Lisboa Plaza Hotel, Lisbon

This family owned hotel enjoys a privileged location in the heart of Lisbon. Situated on a small side street, just off the Avenida da Liberdade, the Lisboa Plaza is conveniently located for visiting the historic sites of Lisbon as well as the city's numerous shops and restaurants. The informal atmosphere makes you feel that you are in the company of friends. The beautifully furnished lounges, bar, cocktail lounge and Café Plaza, which serves light meals, offer elegant hospitality and are ideal for unwinding after a day's exploration.

**Accommodation:** 94 air-conditioned rooms including standard petite rooms, superior lisboa rooms and junior suites.

- Airport: 7km Lisbon
- 4-star hotel
- Bed & Breakfast
- City location
- Complimentary WiFi
- Café Plaza serving light meals

Guide price from **£650 per person\***



## Heritage As Janelas Verdes Hotel, Lisbon

This beautiful late 18th century aristocratic mansion, formerly the home of the Portuguese novelist Eca de Queiroz, has been converted into a charming and exclusive hotel. The property is full of character and c.20-minutes walk from the central Rossio area. The Museum of Ancient Art is well placed next door.

**Accommodation:** 29 air-conditioned rooms including classic rooms and superior bairro rooms.

- Airport: 7km Lisbon
- 4-star hotel
- Bed & Breakfast
- City location
- Complimentary WiFi

Guide price from **£720 per person\***

## Palácio do Governador, Lisbon

Located in the historic centre of Belém, the Palácio do Governador enjoys a prime position near the Tagus River. The property occupies the site of the former house of the governor of the Belém Tower and is set directly above Roman ruins from 1st to 5th century. Today the hotel has been rebuilt retaining many original features including high vaulted ceilings and beautiful Portuguese Azulejos wall tiles. This grand hotel has a garden with outdoor swimming pool and a Spa that uses ancient Mediterranean, Arabic and Indian thermal treatments.

**Accommodation:** 60 air-conditioned rooms including deluxe rooms, club rooms, mansard rooms, junior suites, studio suites and senior suites.

- Airport: 15km Lisbon
- 5-star hotel
- Bed & Breakfast
- Complimentary WiFi
- City centre location
- Restaurant
- Spa
- Swimming pools

Guide price from **£677 per person\***



\* Guide prices based on 2-sharing a leading room type for 3 nights, flights from London to Lisbon (other airports on request) and return transfers. Note: We cannot guarantee that any of our featured properties are suitable for all levels of disability so please ask if you have specific issues. Please visit our website for further information on these and other featured properties.

# Cascais

Bordered by beaches and inland the lush mountain resort of Sintra, is the charming fishing village of Cascais. A fascinating historic centre, grand residences and immaculate parks that open out onto the harbour, make this a fashionable destination.

## Albatroz Hotel, Cascais

The Albatroz Hotel is one of the most exclusive hotels in Portugal, and with its discreet, elegant Portuguese furnishing and its prime waterfront location it is easy to see why. Built in 1873 by the Duke of Loule, this waterfront palace opened as a hotel with 11 rooms in 1963. Today the hotel has been carefully enlarged, with the addition of a new wing carefully decorated in keeping with the original architectural style, and with the addition of the Albatroz Palace and the White House.

**Accommodation:** 51 rooms including collection rooms, deluxe rooms and suites.

- Airport: 35km Lisbon
- 5-star boutique hotel
- Bed & Breakfast
- Beach location
- Complimentary WiFi
- Restaurant
- Swimming pool

Guide price from **£713 per person\***

Closed between 07Jan-01May19



## Senhora da Guia Boutique Hotel, Cascais

With a backdrop of pinewoods, views over the coastal road to the ocean and surrounded by well-maintained gardens, the Senhora da Guia offers guests a relaxing environment, yet is only 3km from the resort of Cascais. Converted from a manor house in 1983, this gracious boutique hotel offers comfortable accommodation, a cosy lounge/bar and an elegant restaurant which specialises in fish dishes and seafood.

**Accommodation:** 39 air-conditioned rooms including standard rooms, classic rooms, superior rooms and a suite.

- Airport: 42km Lisbon
- 5-star hotel
- Bed & Breakfast
- Coastal location
- Complimentary WiFi
- Restaurant
- Swimming pool
- Spa

Guide price from **£758 per person\***

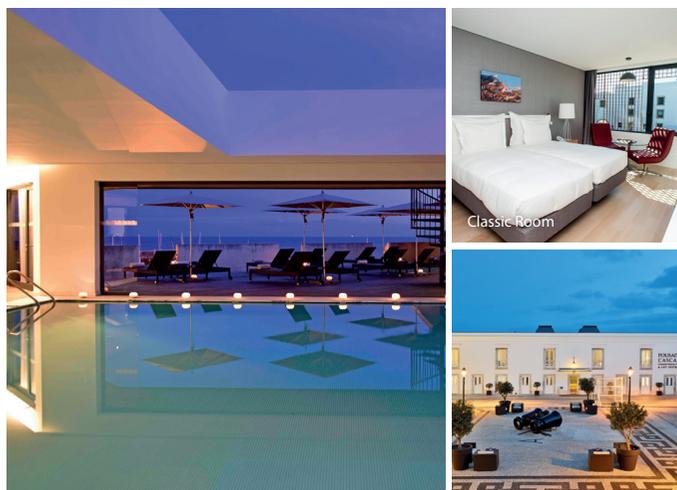
## Pousada de Cascais, Cascais

The Pousada is located within the walls of the 16th century castle in the centre of Cascais. The citadel dating from the 15th century represented the main defence of the Lisbon Coast and the mouth of the River Tagus from the French, English and Arab pirates. In the 19th century it was the summer residence of the Portuguese Royal Family. In Cascais you will find stately homes, restaurants, elegant shops, museums, parks and excellent sandy beaches.

**Accommodation:** 126 air-conditioned rooms including classic rooms, superior rooms, junior suites and suites.

- Airport: 32km Lisbon
- Historic Pousada
- Bed & Breakfast
- City centre location
- Complimentary WiFi
- Restaurants
- Swimming pools
- Spa

Guide price from **£662 per person\***



\* Guide prices based on 2-sharing a leading room type for 3 nights, flights from London to Lisbon (other airports on request) and car hire or return transfers (Albatroz Hotel). Note: We cannot guarantee that any of our featured properties are suitable for all levels of disability so please ask if you have specific issues. Please visit our website for further information on these and other featured properties.

# Lisbon Coast

To the west of Lisbon are the beach resorts of Estoril and Cascais and the rugged beaches of remoter Guincho. In the surrounding hills, and within each access of the coast, is Sintra – once the playground of the rich and noble families of Europe.

## Inglaterra Hotel, Estoril

The Inglaterra Hotel offers guests a high standard of accommodation within a contemporary setting. Housed within an early 20th century Portuguese colonial mansion, many of the hotel's bedrooms enjoy views over the centre of Estoril to the sea in the distance. The location is residential, yet the casino, railway station, sea, promenade and shops are all within a five to ten minute walk.

**Accommodation:** 69 air-conditioned rooms including standard rooms, superior rooms and suites.

- Airport: 30km Lisbon
- 4-star hotel
- Bed & Breakfast
- Coastal town location
- Complimentary WiFi
- Restaurant
- Swimming pool

Guide price from **£594 per person\***



## Fortaleza do Guincho, Guincho

The Fortaleza do Guincho, perched on a rugged headland between two sandy beaches, enjoys a prime position in the environmentally protected area of Guincho. This 17th century Moorish fortress has been tastefully converted into a small, elegant hotel and stylishly furnished in keeping with the historic grandeur of the building. Dining in the hotel restaurant is a gastronomic delight in the expert hands of Miguel Rocha Vieira, a young Portuguese man who earned his first Michelin star while in Budapest.

**Accommodation:** 27 air-conditioned rooms including courtyard rooms, superior rooms and junior suites.

- Airport: 38km Lisbon
- 5-star boutique hotel
- Bed & Breakfast
- Beach location
- Complimentary WiFi
- Restaurant – Michelin starred

Guide price from **£647 per person\***

## Lawrence Hotel, Sintra

Built in 1764, the Lawrence Hotel is a traditional manor house hotel located in the historic centre of Sintra. Renowned for being the oldest hotel on the Iberian Peninsula, this charming property is steeped in history; adorned with antique furniture and artefacts throughout and, over the years, has welcomed many famous writers, poets and statesmen as guests. Lord Byron stayed here in 1809.

**Accommodation:** 17 air-conditioned rooms including standard rooms and suites.

- Airport: 35km Lisbon
- 5-star hotel
- Bed & Breakfast
- City location
- Complimentary WiFi
- Restaurant

Guide price from **£659 per person\***



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Gloria Tram, Lisbon



Porto

\*Guide price based on 2-sharing includes:

- Flights from London Gatwick to Lisbon and return from Porto (other airports on request)
- Private transfers on arrival and departure (Days One & Eight)
- 1st class rail between Lisbon and Porto (Day Five)
- 4-nights Heritage As Janelas Verdes Hotel, Lisbon BB - Page 25
- 3-nights Infante de Sagres Hotel, Porto BB - Page 13

**Departures**  
Daily

**Duration**  
7 nights

**Guide price from**  
£1,237 per person\*

**Note:** There is a Portuguese tourist tax for all visitors staying in Lisbon and Porto - see page 96.

# Lisbon and Porto City Break

Itinerary: 8 days / 7 nights

Why not combine two of Portugal's most vibrant cities, Lisbon and Porto, within one trip using train travel in between? Lisbon, Portugal's capital, and Porto - the country's second city, offer cultural breaks as well as a host of diverse and plentiful activities from excellent shopping opportunities, a rich and interesting heritage, a contrasting cityscape and picturesque scenery to atmospheric alleyways and districts, bountiful food markets, excellent cuisine, and easy access to several beaches.

**Day One - Lisbon:** On arrival at Lisbon airport, you will be transferred to your hotel. Overnight at the Heritage As Janelas Verdes Hotel, Lisbon. Guests staying at the Heritage As Janelas Verdes Hotel for 2 nights or more receive complimentary entrance to 20 museums in Lisbon (Nov-Mar). Popular museums include the Calouste Gulbenkian Museum, housing an excellent private art collection with pieces by Rembrandt, Rubens, Monet and René Lalique; the Berardo Modern Art Museum; the National Museum of Ancient Art; the Fado Museum and the National Tile Museum. Guests also receive one free train ticket to Estoril or Cascais, and a journey on the Elevador

da Bica (Funicular) which takes you up to Bairro Alto and Chiado.

**Day Two:** Day at leisure. See the sights of Lisbon onboard the vintage yellow trams that criss-cross the city. These trams operate a hop-on and hop-off service with 30 stops and provide access to the Castelo São Jorge with its stunning views over the city which should not be missed.

**Day Three:** Day at leisure. Visit the district of Belém where you will find monuments and museums dedicated to the Portuguese explorers and their discoveries. The Belém Tower, on the banks of the River Tagus, is one of the most photographed sights in Lisbon, and nearby is the Discoveries monument and the Jerónimos Monastery. Belém also has another claim to fame - the delicious 'Pastéis de Belém' a traditional Portuguese custard tart.

**Day Four:** Day at leisure. Use your free train ticket (when staying two nights or more at the Heritage As Janelas Verdes Hotel) to explore the coastal towns of Estoril and Cascais. Head to the beach for the day or simply explore these enchanting towns.

**Day Five - Porto:** After breakfast, self-transfer to the train station for your train journey (2 hours 44 minutes) north to Porto (1st class train ticket

included). Self-transfer on arrival to the Infante de Sagres Hotel.

**Day Six:** Day at leisure. Time to explore the delights of Porto: the Ribeira district; the São Francisco church - known for its lavish baroque interior and ornate gilded carvings; the 12th century Cathedral and the iconic Clerigos Tower. Take a stroll along the river bank and capture stunning images of the city from the Dom Luis I bridge. You can shop until you drop on Rua de Santa Catarina and Avenida da Boavista. And, for wine connoisseurs the Port Wine cellars at Vila Nova de Gaia are a must.

**Day Seven:** Day at leisure. Venture in to the fabulous UNESCO World Heritage Site of the Douro Valley by train or boat - bookable locally. The winding river of the Douro flows through a majestic landscape of terraced vineyards where the port grapes are grown.

**Day Eight:** Private transfer to Porto airport for your return flight back to the UK.

# A luxury break on the Lisbon Coast

## Lisbon – Cascais

Itinerary: 8 days / 7 nights

Lisbon and Cascais naturally fit together on a twin-centre holiday. Lisbon has all the history, museums, cultural attractions and shopping experiences a visitor could desire. Whereas the seaside resort of Cascais combines elegant summer residences and stately homes with expanses of golden sand, lively cafés and restaurants. Our suggested itinerary below is not set and can be amended to suit individual requirements.

**Day One:** On arrival at Lisbon airport, you will be transferred to the 5-star Palácio do Governador. Located in the centre of Belém, the hotel enjoys a prime position near the River Tagus and is within close proximity to many restaurants, cafés and bars.

**Day Two:** Day at leisure. The districts of Alfama and Baixa, are some of Lisbon's most picturesque and fascinating areas. A labyrinth of narrow streets hides architectural gems, traditional houses and trendy eateries. The Alfama district is also where you will find Lisbon's Cathedral which dates back to the 12th century.

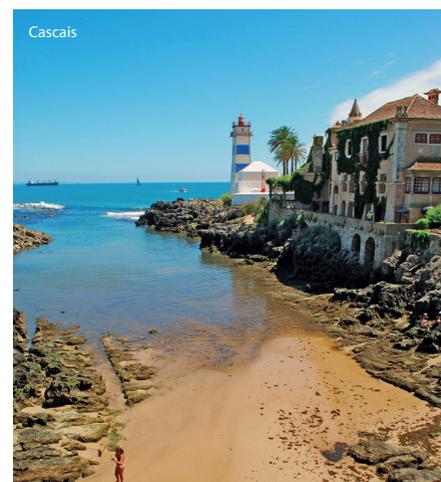
**Day Three:** Day at leisure. In the district of Belém you will find monuments and museums dedicated to the Portuguese explorers and their discoveries. Belém is also known for the delicious 'Pastel de Belém' a traditional Portuguese custard tart.

**Day Four:** After breakfast, you will be transferred to the Albatroz Hotel in Cascais, a luxurious 5-star hotel.

**Day Five:** Day at leisure with time to explore Cascais and the neighbouring resort of Estoril, which are connected by a waterfront promenade and a glorious sandy beach. Cascais blossomed in the 19th century and soon attracted aristocrats and tourists alike in search of the healing waters of the bay. This charming town has many noble homes and manor houses, standing side-by-side with modern developments and a busy marina. Estoril became one of the most famous resorts in Europe after World War II, attracting artists and high society. Today, the resort's primary attractions are the Casino and its park, town beach and the thermal spa at the Palácio Estoril Hotel Golf and Spa.

**Days Six & Seven:** Days at leisure. Hire a bicycle and follow the marked cycle routes to Guincho, or visit one of the many museums, art exhibitions and stately homes in the resort (free entrance).

**Day Eight:** After breakfast, you will be transferred to Lisbon airport for your return flight home.



\*Guide price based on 2-sharing includes:

- Flights from London Heathrow to Lisbon (other airports on request)
- Private transfers as detailed
- 3-nights Palácio do Governador, Lisbon BB - Page 25
- 4-nights Albatroz Hotel, Cascais BB - Page 26

### Departures

Daily

### Duration

7 nights

### Guide price from

£998 per person\*

Belém Tower, Lisbon

